

Sylvia Perez is a veteran Chicago journalist known for telling impactful, human-centered stories. With decades of experience at WLS ABC7 and currently at **FOX 32Chicago**. Perez has covered major developments in health, politics, education, and the military.

A University of Oklahoma graduate and former military "brat," Perez built a national career rooted in curiosity, connection, and community. She recently launched the popular podcast ***Supper with Sylvia***—“**Chicago’s tastiest podcast**” that brings people together through food and the stories behind them.

She is a multiple Emmy and Peter Lisagor Award winner, recognized for excellence in broadcast journalism.